

**THE ZEN PROJECT, RICHMOND MIND &  
CASTLENAU COMMUNITY CENTRE PRESENTS...**



# **ZEN IN MIND**

## **Workshops & activities**

**A range of fun activities all focused on helping you to feel great. Time to talk day is all about the power of conversation and opening up about how we feel.**

**Movement class, creative activities**

**Massage treatments**

**Lunch provided**

**MONDAY 4TH MARCH**

**CASTLENAU COMMUNITY CENTRE,  
7 STILLINGFLEET ROAD, STILLINGFLEET ROAD, SW13  
9AQ**



**EVERYONE WELCOME, ALL  
ACTIVITIES FREE CHARGE**

**1pm- 5pm**

**The — Zen — Project\***



## Schedule for the day In the Centre (1-5pm)

**Hot drinks and snacks**

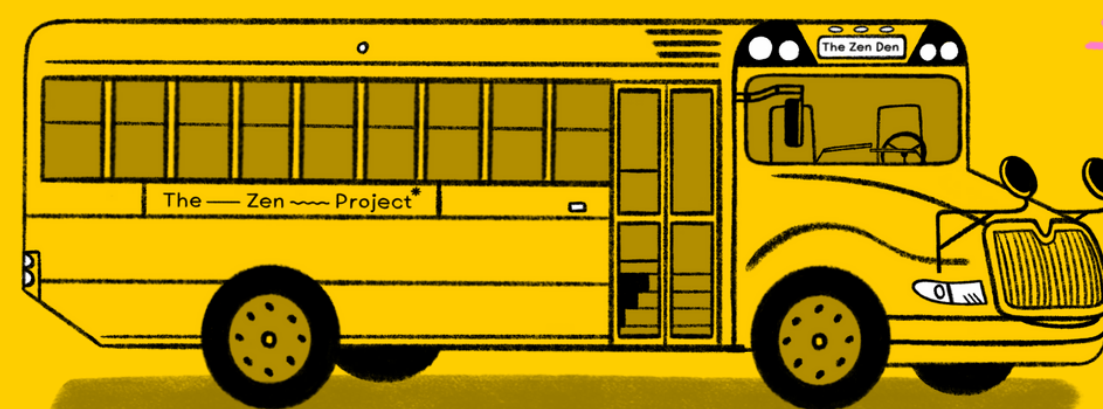
**Space to sit, relax and chat**

**Creative Activities**

**Free hot lunch at 2pm**



## On the Bus



**1pm - Guided relaxation**

**1.30pm - Sound Bath**

**2pm - LUNCH**

**3pm - Shaking meditation**

**2.30pm - Self massage**

**4pm - Sound Bath**

**4.30pm - Guided Relaxation**